

ANSMET SURVIVAL SCHOOL 2007-2008

Safety and hazards

Intro - Reiterate – ask any questions, even if they seem stupid.

Remember where you are – a long way from help

Work as a team but first priority is self

Develop a sense of situational awareness

- Heat Hazards
 - o Fire
 - o Sweating
 - o Know where everything is, flame is open.
- Dehydration and nutrition
- Cold Hazards
 - o Hypothermia, Frost nip, Frost bite
- Snow blindness
- Slips and falls on ice
 - o Whiteout, Crevasses
- Other potential injury mechanisms
 - o Lifting
- Crevasses
 - o Recognition
 - o Steps in avoiding
- Health and Hygiene

Emergency Response – Seven Steps

- Leader take charge
- Safety- approach safely
- Perform ABC's Airway, Breathing, Circulation
- TLC – Protect Victim
- Head to toe
- Plan of action
- Carry out plan

Hand Signals

- Wave with two hands- “Come to me”
- One arm, “one person come over”
- One or two hands up, “Stop”
- Rotating arm “speed it up”
- Push away “move away”

Open Survival pack

- describe gear
- fit stabilizers

Put on harness

- knots
- prussiking

2:1 Pulley System intro

Shakedown gear